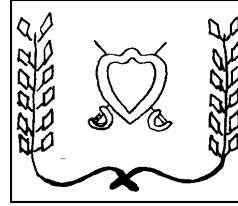


MASTER-AT-ARMS
INTEREST BADGE


Date Passed

Signed

1. Demonstrate your proficiency in ONE of the following, in which you have trained and participated for at least 6 months:
 - a) singlestick
 - b) quarterstaff
 - c) fencing
 - d) boxing
 - e) wrestling
 - f) a recognised form of self-defence such as Judo or Karate.

NOTE: In all the contest events you must participate in a contest under proper ring conditions.

2. Discuss the correct training techniques, and draw up a training programme for yourself. _____ 1
3. Be able to name and demonstrate the correct methods of attack and defence. Know the contest rules, how contestants are judged and the means of scoring. _____ 2
4. Discuss the origin of the art, and its historical development. Discuss the involvement of two masters of the art - one past and one present - and the achievements of each. _____ 3

_____ 4